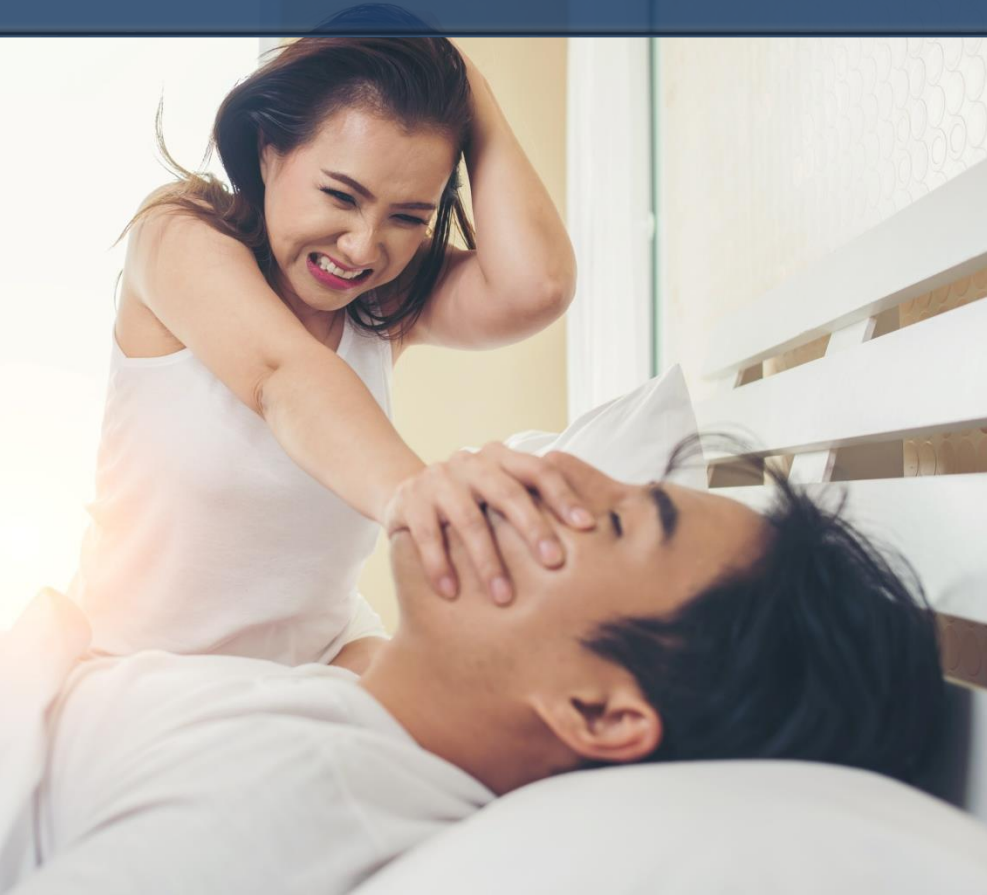


Snoring **or** Sleep Apnea?



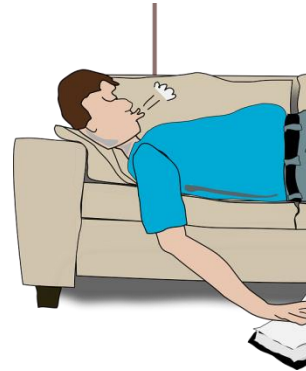
If you have following symptoms....



**Pauses in
breathing during
sleep**



Insomnia



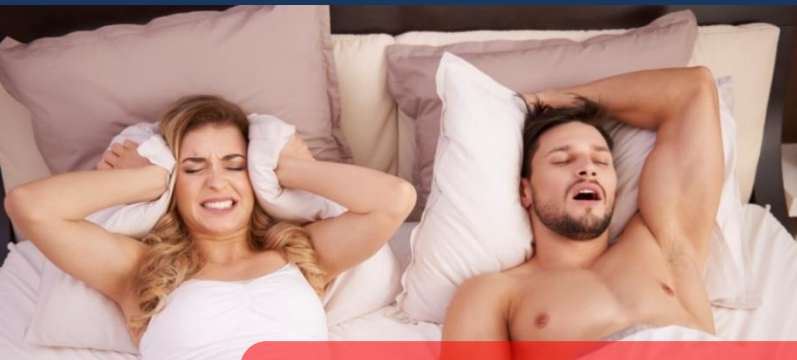
**Gasping for
breathe
during sleep**



Headache

Then its time to consult a Doctor

As you are suffering from a sleep disorder called



OSA (Obstructive Sleep Apnea)



Some facts about OSA in India

1

Prevalence of OSA is more in men than women

2

- **Female** - Increases with age from 2% at age 30 to 28% at 60 years
- **Male** - Increases from 4% at age 30 to 67% at 60 years

3

93% of Indian population is sleep deprived & sleep apnea is one of the major cause

4

Sleep apnea percentage is higher in western region than any other part in India

OSA Health Risks

Heart Attack

Memory loss



Drowsiness

Hypertension



Diabetes

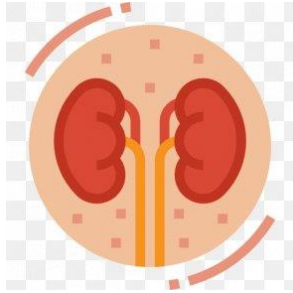
Impotence

All associated to Polyflex

Loud snoring



Headache



Obesity





**Stop
smoking**

**Avoid
Alcohol /
Sleeping
pills**

**Sleep on
anti -
snoring
mattress**

**Change
sleep
position**

**Reduce
weight**

Remedies

Buy a MagniSmartech Mattress by Magniflex with **Smart Anti-Snoring Technology**



Smart Anti – Snoring Technology

Automatically recognizes
snoring and changes the
bed position to stop the
snoring without
disturbing your sleep

Want to know more



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Ask A Sleep Expert

www.magniflexindia.com